Robbins, Joanne

From: Liesbet Bickett [liesbet@contracostabootcamp.com]
Sent: Friday, May 23, 2008 10:18 AM
To: Robbins, Joanne
Subject: Holding an exercise class in Lafayette Plaza

Hello Ms. Robbins,

Thank you for taking the time to talk to me yesterday and for your explanation of what I need to do in order to have an exercise class in the Lafayette Plaza. It is our opinion that offering a class at the Plaza would be a win/win/win situation for the City of Lafayette, the citizens of Lafayette and our own company and customers. The plaza is a beautiful little park and central to Lafayette. I see it almost as the "heart of Lafayette". It has the potential to become the spot for community gatherings and enjoyment. With the new Library going in just a block away, the new Whole foods across the street, and the beautiful new retail spaces down the road, down town Lafayette has the potential to become an enjoyable place for people to get out of their cars and travel by foot to get their errands done, spend some time with family and friends and enjoy the beautiful outdoor environment we live in out here in Contra Costa County. Holding an exercise class in the Plaza will help project that healthy community image that Lafayette is developing. Just to give you a brief background of our company and what we do.

My husband Tim and I are "Corequest Corporation" and "Contra Costa Adventure Boot Camp". We offer outdoor exercise classes for adults. We have been operating our exercises classes in the area for two years. Our first class started at Stanley Middle school June 2006. Our classes typically run 1 hour long and involve strength, cardio and movement exercises. We currently have a 5:30am class at Stanley Middle School in Lafayette and Los Cerros Middle School in Danville, a 6am class at Heather Farm in Walnut Creek, a 9am class at Rudgear Park in Walnut Creek, a 9:15am class at the Moraga Commons in Moraga and a 6pm class at Heather Farm in Walnut Creek. One of our goals is to support healthy living in our communities. We offer free nutritional classes every month to the community and offer them to schools when requested. We support many local schools through donations and charity events. We have gone into schools and done free classes for kids and teachers. We also have sponsored the Lafayette Reservoir run every year since our inception and sponsored the new Hocky Rink in Lafayette. We are active members of the Lafayette Chamber of Commerce.

We would like to start holding one of our classes for women in the Lafayette Plaza as follows:

- **M,W,F 9-10am.**
- **We would anticipate anywhere from 6-15 participants per day, plus one instructor.**
- **We do not need exclusive use of the park. We are constantly on the move with what we do as it is. We only ask for permission to be there. We are very mobile and accommodating.**
- **Our class would be doing basic strength movements using body weight (such as push-ups) and simple strength tools such as resistance bands. We would also be doing basic cardio movements such as standing punches and kicks, line touches, jump ropes.**
- **Our 9am clientele are typically local stay at home moms and some working from home moms.**
- **We carry our own 2 million dollar insurance policy which does cover exercising outside and which would cover the City of Lafayette. The City of Walnut Creek has special wording that they have asked us to put on their coverage. We can do that for Lafayette if they have a particular wording they need to be used.**
- **All of our instructors also carry their own Personal Training Insurance which also covers the type and location of our exercise classes. They would also add the City of Lafayette to their individual policies.**
- **If approved we would expect to start classes 4-6 weeks from the approval date. We would not be**

holding classes during Thanksgiving week, Christmas Week, or New Years Week. We also have holidays on Presidents Day, Memorial Day and Labor Day. If the park is ever scheduled to be used or maintenance needs to be done during the 9-10am slot, we can easily hold class at another location on that day with advance notice.

Todd Trimble from the City of Walnut Creek is the best person to contact from Walnut Creek if you would like to talk to someone about our business and how we work with the City. His office number is 925-943-5899 and his office cell is 925-890-4818. If you would like further references I would be happy to provide them. I would also be happy to provide references from our customers. Our customers have been after us to start a 9am class in Lafayette for quite a while. I think it would be a wonderful addition to all the improvements going on in the city.

Thank you again for your time. I hope you have a wonderful Memorial Day weekend. I look forward to hearing from you soon.

Liesbet Bickett

Liesbet Bickett
CoreQuest Corporation
Contra Costa Adventure Boot Camp
www.ContraCostaBootCamp.com
925-457-4587
510-383-7588 (cell)

"Strength comes not from phsyical capacity. It comes from indomitable will"
Mahatma Gandhi